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HONEY AND SOME OF THE WAYS IT MAY BE USED

By

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AND

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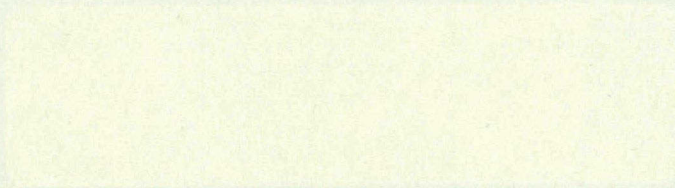


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HONEY

AND SOME OF THE WAYS IT MAY BE USED

By

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AND

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Before the introduction of cane sugar, honey was apparently the most common sweet available for human consumption. In very early times man discovered the bees' habit of storing, in their nests, large quantities of a sweet and delectable substance that could be taken from them and used as food. Since those early days it has also been learned that the bees themselves could be housed in specially constructed boxes (hives) and be made to work more efficiently for the benefit of man, so that to-day the production of honey has become a fascinating and profitable enterprise. It may surprise many of our readers to know that during the year 1931 Canada alone produced 29,666,097 pounds of this delicious sweet.

Honey is the nectar of flowers gathered by the honeybees and ripened by them within their hives. The ripening process consists of evaporating the excess moisture from the nectar and of certain changes in the chemical nature of the sugars it contains.

A well-ripened honey contains approximately 17.2 per cent moisture, 75 per cent sugars, and small quantities of protein, dextrin, minerals and certain volatile substances that give to it aroma and flavour. Honey may, therefore, be classified as a concentrated solution of sugar having a distinctive flavour and aroma, and being this, it belongs to that class of foods which supplies heat and energy to the body and must not be compared with such foods as meat, eggs, etc., that are used to repair body tissues.

The sugars found in honey are: fruit sugar (levulose), grape sugar (dextrose), and cane sugar (sucrose). The latter is present in small amounts only.

Levulose and dextrose are invert sugars, sometimes called predigested sugars. Invert sugars are the result of the breaking down or digestion of cane sugar (sucrose), a process that must be performed by the digestive system before such sugar can be assimilated by the body. In honey this process of digestion has been completed; therefore the sugars in honey are immediately available for assimilation without placing a heavy tax on the digestive system. For this reason honey is especially adapted as food for children and those suffering from impaired digestion.

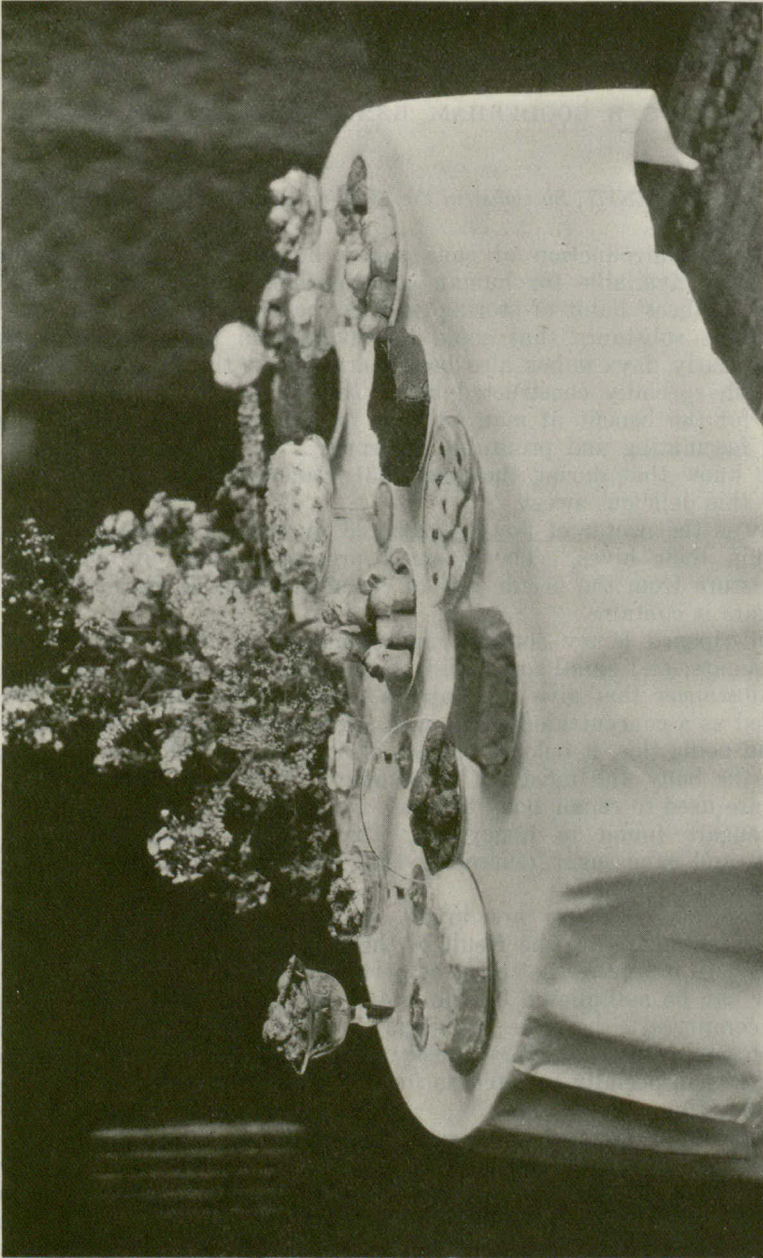
Levulose is a non-granulating sugar and is the sweetest sugar so far found in nature. As this sugar is usually the predominating one found in honey, the latter has a slightly greater sweetening power than an equal amount of sucrose.

Dextrose is a rapid granulating sugar and has less sweetening power than sucrose. This sugar is predominant in commercial syrups.

Although the mineral content of honey is very small, it is worth noting that such elements as lime, iron, and others that are necessary to the well-being of the human body are present.

Honey varies in colour from water white to a very dark brown according to the kind of flowers from which it is gathered. Colour, however, does not

HONEY



affect its food value in any way. The difference in colour is caused by certain substances, in the nectar of different flowers, that absorb the rays of light in varying degrees.

The flavours of honey vary just as much as its colour and there is no difficulty in finding a flavour to suit the most discriminating taste. As a rule the lighter the colour of honey the more delicate is its flavour; therefore when honey is to be substituted for sugar in cooking, it is the light-coloured honeys that are recommended, but where it is used as a substitute for jams, marmalades, etc., each and every colour or flavour has its advocates. Flavour is essential to the enjoyment of food and for this reason honey with its many delicate flavours should have a very special appeal.

All Canadian honey granulates sooner or later, depending largely upon the proportion of the two invert sugars it contains. The greater the proportion of levulose to dextrose, the longer will the honey remain in liquid form. Low temperatures also hasten granulation, while high temperatures retard it. Honey sold in glass containers is usually heated when packed for the purpose of keeping the honey liquid for as long a period as possible. Rapid granulation usually produces a fine texture, while slow granulation tends to coarseness. Granulation is not an indication of adulteration, as many people seem to think, but it is rather a sign of purity.

Granulated honey can be brought back to its liquid form by standing the container in water and heating it to 150 degrees Fahrenheit. A higher temperature than that is likely to darken the colour of the honey and drive off aroma and flavour. As soon as the honey has become liquid, cool it as rapidly as possible, but do not put it into the refrigerator.

Honey absorbs moisture from the air and loses aroma and flavour rapidly; therefore it should not be left uncovered any longer than is necessary. Keep extracted honey in a cool, dry place, but honey in comb should be stored where it is warm and dry.

It has already been stated that honey varies in some of its characteristics; therefore it has been found necessary to classify and grade it according to its colour and quality. The colour classes most commonly used are "White," "Golden," "Amber," and "Dark." Colour, however, does not affect the food value of honey; from the nutritional standpoint all have equal value, but the flavour of the darker coloured honeys is usually much stronger than in lighter coloured honeys. The quality grades of honey are Nos. 1, 2 and 3, indicating texture, density, flavour, etc. The lighter coloured and highly graded honeys are especially adapted for table use and are usually more expensive than the dark or low graded honey, a fact that must be taken into consideration by the city housewife when purchasing honey for cooking purposes. The lower grades of honey are equally as good as the higher grades when used as a substitute for sugar in cooking, but the dark, strongly flavoured honeys should be avoided when delicate flavours are desired in the finished product.

To the country housewife, especially those who produce their own honey, value is usually of secondary importance, the question being, "Can we use the honey we produce, but cannot sell, in place of sugar which we have to buy?" It is for them this bulletin is primarily written.

The most common way of using honey is to substitute it for jams, jellies, marmalades, etc., but as it is a concentrated solution of sugar it may be readily used in many other ways as a substitute for sugar with pleasing results, as Miss Heeney has shown in the following pages.

THE USE OF HONEY IN HOME COOKING

Honey may be used in home cooking as a substitute for sugar or molasses with delightful results, provided certain general rules are closely adhered to. Perhaps the chief advantage of using honey, especially in cakes, cookies, etc., is that they will remain moist for a much longer time than if sugar alone is used; bread, cakes, cookies, etc., in which honey is used in place of sugar will keep moist for long periods of time without any deterioration of flavour; in fact, the latter usually improves with a reasonable length of storage. A direct substitution of all honey for sugar may be made in cases where the amount of sweetening material is small, such as in muffins, bread, etc. In cakes, cookies, pies, etc., where greater sweetening is necessary, other things must be taken into consideration when using honey. Honey and sugar differ in their chemical composition. Sugar is a straight sweet containing no moisture or acid, while honey consists of different types of sugar in solution with water, and contains a certain degree of acidity. The following rules are based on experimental work that has been done with honey in cooked foods, and by following these general rules any recipe may be adapted to the use of honey:—

1. Measure honey always in the liquid form. If it is granulated, heat over warm water until liquid.
2. For every cup of honey used, reduce the liquid called for in the recipe by one-fifth.
3. One cup of honey is as great in sweetening power as one cup of sugar.
4. Use $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of soda to each cup of honey.
5. Increase the amount of salt by $\frac{1}{8}$ to $\frac{1}{4}$ teaspoon.
6. When substituting honey for sugar in cake, reduce the liquid of the recipe by one-fifth and use half honey and half sugar. Fruit cake is an exception to this rule and all honey may be used.
7. In milk puddings, pie fillings, etc., add the honey with the thickening agent—e.g., flour, cornstarch, etc.

The following recipes have been thoroughly tested and proved by the writer in the Central Experimental Farm kitchen at Ottawa:—

Bread and Rolls

HONEY BREAD

- | | |
|----------------------|---------------------------------------|
| 2 cups boiling water | $\frac{1}{2}$ yeast cake dissolved in |
| 2 tablespoons butter | $\frac{1}{4}$ cup lukewarm water |
| 2 tablespoons honey | 6 cups sifted flour |
| 2½ teaspoons salt | |

Put honey, butter and salt in a large bowl, pour on boiling water; when lukewarm add dissolved yeast cake and five cups of flour, then stir until thoroughly mixed, using a knife or mixing spoon. Add remaining flour, mix, and turn on a floured board, leaving a clean bowl; knead to mix ingredients until mixture is smooth, elastic to touch and bubbles may be seen under the surface. Some practice is required to knead quickly. Return to bowl, cover with a clean cloth and board or tin cover, let rise overnight in temperature of 65 degrees Fahrenheit. In the morning cut down, toss on board slightly floured, knead to distribute air, shape into loaves or biscuits, place in greased pan, having pans nearly full. Cover, let rise again to double its bulk and bake in a hot oven. This recipe will make a loaf of bread and a pan of biscuits.

HONEY GRAHAM BREAD

1 cake yeast	2 tablespoons melted butter
1 cup milk scalded and cooled	4 cups Graham flour
4 tablespoons honey	1 cup sifted bread flour
1 cup lukewarm water	1 teaspoon salt

Dissolve yeast in lukewarm liquid, add honey, shortening and milk. Then add flour and salt gradually until dough is formed that can be handled. Knead thoroughly, being sure to keep dough soft. Cover and set aside in a warm place to rise for about $1\frac{1}{2}$ hours. When double in bulk turn out on board and mould into loaves. Place in well-greased bread pan, and cover and let rise for about $\frac{1}{2}$ hour. Bake one hour.

SWEDISH TEA RING

$\frac{1}{2}$ cup shortening	$\frac{1}{2}$ cup cold water
$\frac{1}{4}$ cup honey	1 egg
$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ teaspoon salt
1 yeast cake	3 cups unsifted bread flour

Cream honey and butter thoroughly and add the boiling water. Allow this mixture to cool and add yeast cake which has been dissolved in cold water. Stir until well mixed and add the beaten egg. Combine the flour and salt and sift the mixture. Blend thoroughly, cover the bowl with waxed paper and place in the refrigerator overnight, or until ready to use.

Roll one-half of the above mixture into an oblong sheet about $\frac{1}{4}$ inch thick on a lightly floured board. Spread with two tablespoons of softened, but not melted butter and sprinkle with the following mixture: $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ teaspoon cinnamon, $\frac{1}{4}$ cup each of blanched chopped almonds, strips of citron peel and washed raisins. Roll up like a jelly roll.

Trim the ends and join to a form a ring. Cut with scissors at intervals of about one inch from the outside to within one-half inch of the centre and turn each section lightly to the side. Brush the surface with egg white and allow to rise for two hours at room temperature. Bake for thirty minutes in a hot oven 400 degrees Fahrenheit.

The remainder of the dough may be used for a Swedish Tea Braid.

Cut off three pieces of mixture of equal size and roll, using the hands, in pieces of uniform size, then braid. Put on a buttered sheet, cover, let rise, brush over with yolk of one egg, slightly beaten and diluted with one-half tablespoon of water and sprinkle with finely-chopped blanched almonds. Bake in a moderate oven.

PARKER HOUSE ROLLS

1 cake yeast	$5\frac{1}{2}$ cups flour
2 cups scalded milk	$1\frac{1}{2}$ teaspoons salt
2 or 3 tablespoons honey	$\frac{1}{4}$ cup butter

Dissolve yeast and honey in lukewarm milk. Add butter and half the flour. Beat until perfectly smooth, cover and let rise in a warm place until double in bulk (about 1 hour). Add salt and sufficient flour to make a dough that can be handled. Knead well, place in a greased bowl, cover and let rise until double in bulk. Roll out one-half inch thick, cut with a three-inch biscuit cutter, crease through centre with a dull-edged knife and fold over. Place in a well-greased shallow pan, cover and let rise until light ($\frac{3}{4}$ hour). Bake ten minutes in a hot oven.

Cakes and Cookies

HONEY DATE CAKE

1 cup dates	3 teaspoons baking powder
1 cup boiling water	$\frac{1}{4}$ teaspoon soda
$\frac{1}{2}$ cup honey	1 egg
$\frac{1}{2}$ cup brown sugar	1 cup chopped walnuts
$\frac{1}{3}$ cup butter	2 cups flour
$\frac{1}{4}$ teaspoon salt	

Cook dates with water, remove from fire, and cool. Add honey and brown sugar. Cream butter, add beaten eggs, then add the date mixture. Add sifted dry ingredients and nuts. Bake in a buttered pan in a moderate oven 350 degrees Fahrenheit for 50 minutes.

HONEY FRUIT CAKE

1 cup butter	2 cups flour
1 cup honey	1 teaspoon baking powder
6 eggs	1 teaspoon soda
$\frac{1}{4}$ cup sour milk	$1\frac{1}{2}$ teaspoons cinnamon
$\frac{1}{4}$ cup molasses	$\frac{1}{2}$ teaspoon mace
1 lb. raisins	$\frac{1}{2}$ teaspoon cloves
1 lb. currants	$\frac{1}{2}$ teaspoon allspice
$\frac{1}{2}$ lb. almonds	$\frac{1}{2}$ cup grape juice or
$\frac{1}{2}$ lb. glace cherries	$\frac{1}{2}$ cup brandy

1. Wash currants and raisins, dry.
2. Blanch almonds, dry, cut in half.
3. Cut cherries in half.
4. Cream butter, add honey and egg yolks, creaming all thoroughly.
5. Add sour milk and molasses.
6. Measure and sift dry ingredients, sprinkle some of the flour on fruit and nuts.
7. Add grape juice or brandy and sift in dry ingredients, mix thoroughly.
8. Stir in floured fruit and nuts and mix very thoroughly.
9. Line tins with at least eight thicknesses of paper, fill two-thirds full of mixture.
10. Bake in a slow oven for about two hours.

HONEY CHOCOLATE CAKE

$\frac{1}{2}$ cup honey	1 teaspoon vanilla
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup brown sugar
2 squares unsweetened chocolate	1 egg
$2\frac{1}{2}$ cups of any good cake flour	1 cup milk
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ teaspoon salt
	2 teaspoons baking powder

Cream butter well with honey and sugar, add egg and beat well, then add melted chocolate. Add sifted dry ingredients and milk alternately. Bake in a moderate oven (350 degrees Fahrenheit).

HONEY RAISIN AND SPICE CAKE

1 cup brown sugar	$\frac{1}{2}$ teaspoon nutmeg
1 cup honey	$\frac{1}{4}$ teaspoon mace
1 cup butter	4 cups flour
2 eggs	2 teaspoons soda
$\frac{1}{4}$ teaspoon allspice	1 cup sour milk
$1\frac{1}{2}$ teaspoons cinnamon	1 cup raisins
1 teaspoon ginger	$\frac{1}{2}$ teaspoon salt

Cream butter well with honey and sugar, add eggs one at a time, and beat well. Add sour milk and dry ingredients sifted several times. Add raisins mixed with a little flour last. Bake in a moderate oven about one hour. (Temperature 325 to 350 degrees Fahrenheit.)

HONEY ANGEL CAKE

$\frac{1}{2}$ cup fruit sugar	$\frac{1}{2}$ cup flour
1 teaspoon cream of tartar	$\frac{1}{4}$ teaspoon salt
6 egg whites	1 teaspoon flavouring
$\frac{1}{4}$ cup honey	

Sift sugar five times. Sift flour five times. Combine and add $\frac{1}{4}$ teaspoon cream of tartar. Sift five times again. Partially beat egg whites, add remaining cream of tartar, and salt, finish beating. Add honey to egg whites slowly, fold in dry ingredients carefully. Lastly add flavouring. Pour into an ungreased angel cake pan and start in a very slow oven, then increase the heat.

HONEY POUND CAKE

1 cup shortening	2 cups pastry flour
1 cup sugar	$\frac{1}{2}$ teaspoon ginger
$\frac{3}{4}$ cup honey	$\frac{1}{2}$ teaspoon cinnamon
4 eggs (beaten separately)	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ teaspoon lemon flavouring	

Cream the butter and sugar to a light cream. Beat egg yolks until lemon-coloured and add to the first mixture, then add honey. Sift the flour with the spices and soda and add to the other mixture. Fold in stiffly beaten whites of eggs and flavouring. Beat five minutes. Put in a warm tin with high sides and bake for an hour in a moderate oven, 300 to 350 degrees Fahrenheit.

HONEY CAKE

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup honey	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ cup sugar	2 cups cake flour
2 eggs	3 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	

Sift the dry ingredients. Cream the butter, add sugar gradually, creaming it thoroughly with the fat. Add honey gradually and blend with butter and sugar.

Beat egg yolks and add to first mixture. Add vanilla to milk. Add sifted dry ingredients alternately with the milk, beating just enough to mix ingredients. Fold in stiffly beaten egg whites. Pour into a tin eight inches square and bake in a moderate oven about 350 degrees Fahrenheit.

HONEY JELLY ROLL

2 eggs	1 cup flour
$\frac{1}{2}$ cup sugar	1 teaspoon baking powder
$\frac{1}{2}$ cup honey	1 teaspoon salt
1 teaspoon vanilla	$\frac{1}{4}$ cup boiling water

Beat egg whites until stiff, add sugar gradually, beat egg yolks until thick and lemon-coloured, add honey gradually, beat well. Stir in vanilla and boiling water. Combine yolk mixture with egg whites, folding together carefully. Sift dry ingredients and fold carefully into egg mixture. Pour into a long narrow pan, about $\frac{1}{4}$ inch deep. Cook at 275-300 degrees Fahrenheit. Remove from oven, cut off edges with a sharp knife, spread with honey or jelly and roll.

HONEY LEMON CAKE

$\frac{1}{2}$ cup butter	2 cups flour
$\frac{1}{2}$ cup honey	2 teaspoons baking powder
$\frac{1}{2}$ cup sugar	1 teaspoon cinnamon
$\frac{1}{2}$ cup milk	Grated rind of 1 lemon
2 eggs	$\frac{1}{4}$ teaspoon salt

Cream the butter, add the sugar and cream well together. Add the honey and then the eggs one at a time, beating well after each addition. Add the lemon rind and then the sifted dry ingredients alternately with the milk.

Bake in a moderate oven, about 300-320 degrees Fahrenheit for 30 to 40 minutes.

GINGERBREAD

$\frac{1}{2}$ cup butter	$\frac{3}{4}$ cup honey
$\frac{1}{4}$ cup brown sugar	1 egg
$\frac{1}{2}$ cup sour milk	1 teaspoon soda
$\frac{1}{2}$ teaspoon salt	$1\frac{3}{4}$ cups of any good cake flour
$\frac{1}{2}$ teaspoon ginger	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{4}$ teaspoon cloves	2 teaspoons baking powder

Cream butter with honey and sugar thoroughly. Add egg and mix well. Add sour milk and dry ingredients which have been sifted. Bake in a moderate oven about 375 degrees Fahrenheit for 25 minutes.

COCOANUT MACAROONS

1 egg white	$1\frac{1}{2}$ cups shredded cocoanut
$\frac{1}{4}$ cup honey	$\frac{1}{4}$ teaspoon salt

Beat egg white until stiff, gradually add honey, beating constantly. Continue until mixture peaks. Fold in salt and cocoanut. Drop from a spoon on a well-greased cookie sheet, bake in a moderate oven until golden brown.

HONEY ICE BOX COOKIES

$\frac{1}{2}$ cup butter	1 egg
$\frac{1}{2}$ cup honey	$\frac{1}{2}$ cup brown sugar
$2\frac{1}{3}$ cups flour	$\frac{1}{2}$ cup chopped walnuts
$\frac{1}{8}$ teaspoon soda	$\frac{1}{2}$ teaspoon salt

1 teaspoon vanilla

Cream honey and sugar with butter, add egg, mix well. Add dry ingredients, then nuts and vanilla. Shape in a loaf, cover with waxed paper and chill. Slice off and bake in an oven 400 degrees Fahrenheit for 10 to 12 minutes.

HONEY SOUR CREAM COOKIES

2 eggs	1 cup shortening
1½ cups brown sugar	1 cup honey
¼ cup sour cream	1 teaspoon soda
5¼ cups flour	1 cup nuts (walnuts) chopped
½ teaspoon salt	1 teaspoon vanilla

Cream shortening, sugar, honey and eggs thoroughly. Add sour cream, then sifted dry ingredients, walnuts and vanilla. Drop by spoonfuls on greased cookie sheet and bake at 350 degrees Fahrenheit for 12 to 15 minutes.

HONEY OATMEAL COOKIES WITH DATE FILLING

½ cup butter	1 cup fine oatmeal
½ cup honey	½ teaspoon salt
1 egg	½ teaspoon almond flavouring
1¼ cups flour	½ teaspoon soda

Cream butter, honey and egg well. Add sifted dry ingredients and flavouring. Chill, roll and cut with a cookie cutter. Bake in a hot oven 7 or 8 minutes until a delicate brown. As soon as the cookies are cold, spread with date filling and put together.

Date Filling

1 cup dates	½ cup of water
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Simmer slowly until dates are tender and smooth enough to spread easily.

HONEY HERMITS

¾ cup butter	2½ cups flour
1 cup honey	½ teaspoon salt
2 eggs	1 teaspoon baking powder
2 tablespoons milk	½ teaspoon soda
2 cups rolled oats	1 teaspoon cinnamon
½ cup walnuts	1 cup raisins

Cream butter and honey thoroughly with eggs. Add milk, oatmeal and sifted dry ingredients, stir in nuts and raisins. Drop from a teaspoon on an oiled cookie sheet. Bake in a moderate oven (350 degrees Fahrenheit) for about 20 minutes.

HONEY SNAPS

½ cup honey	½ cup butter
1 cup sifted pastry flour	¾ cup granulated sugar
1 teaspoon vanilla	¼ teaspoon salt

Heat the honey to boiling point, add the butter and let melt. Carefully add the mixed and sifted dry ingredients, combining so that there are no lumps, add flavouring and drop from a teaspoon on to a well-buttered baking sheet. Bake in a slow oven, 300 degrees Fahrenheit, for 10 to 15 minutes, or until thin and bubbly and nicely browned.

Remove from the oven, allow to cool a little, just enough that the wafers may be pulled from the baking sheet, and roll with the top side out. If the wafers become too hard to roll, place the baking sheet in the oven for a few minutes.

HONEY NUT SQUARES

- | | |
|--------------------------------|-------------------------|
| 1 $\frac{1}{4}$ cups flour | $\frac{1}{2}$ cup honey |
| 3 tablespoons brown sugar | 2 egg whites |
| $\frac{1}{3}$ cup butter | 1 cup cocoanut |
| $\frac{1}{2}$ cup brown sugar | 1 cup chopped walnuts |
| $\frac{1}{4}$ teaspoon salt | 2 tablespoons flour |
| $\frac{1}{2}$ teaspoon vanilla | |

Rub first three ingredients together to make a crumb mixture. Pat into shallow pan and cook in a moderate oven about 10 minutes, or until light brown. Beat egg whites stiff, add honey and brown sugar gradually, beat until mixture peaks, fold in other ingredients. Spread this over crumb mixture and cook about 40 minutes in a slow oven, when top should be golden brown.

HONEY COCOANUT STACKS

To 1 stiffly beaten egg white add 2 tablespoons of cornstarch and one-half cup of warm honey. Stir in 2 $\frac{1}{2}$ to 3 cups of cocoanut. Cook in a double boiler for 10 minutes. Let cool, when the mixture may be easily formed into small stacks. Bake at a low temperature, 275 to 300 degrees Fahrenheit, until delicately browned.

HONEY DATE BARS

- | | |
|-----------------------------|----------------------------------|
| 1 $\frac{1}{3}$ cups flour | $\frac{1}{2}$ cup honey |
| 1 teaspoon baking powder | 1 teaspoon vanilla |
| $\frac{1}{2}$ teaspoon salt | $\frac{1}{2}$ cup nuts |
| 3 eggs | 1 cup dates or other dried fruit |
| $\frac{1}{2}$ cup sugar | |

Sift flour, baking powder and salt. Beat eggs, add sugar, honey and vanilla. Mix well and stir in dates and nuts. Combine with sifted dry ingredients. Place in a shallow pan about $\frac{1}{4}$ inch deep. Bake 20 minutes at 350 degrees Fahrenheit. When cool cut in strips and roll in powdered sugar.

HONEY DROP COOKIES

- | | |
|---------------------------------|------------------------------------|
| $\frac{3}{4}$ cup honey | $\frac{1}{8}$ teaspoon cloves |
| $\frac{1}{4}$ cup butter | 1 $\frac{1}{2}$ cups flour |
| 1 egg | $\frac{1}{2}$ teaspoon soda |
| 1 cup raisins | $\frac{1}{2}$ tablespoon hot water |
| $\frac{1}{2}$ teaspoon cinnamon | |

Heat the honey and butter until the butter melts. While the mixture is warm add the spices. When cold, add the egg well beaten, the soda dissolved in water, raisins and the flour to make a dough to hold its shape. Drop by spoonfuls on a buttered tin and bake in a moderate oven.

CANDY AND CONFECTIONS

HONIED PEEL

Remove peel from oranges and grapefruit in quarters. Soak overnight in a soda solution, using one teaspoon of soda to each quart of water. Next day drain and cook the peel in fresh water until tender. Remove from the water, drain and soak in a weak honey solution overnight. Next day cook in full strength honey until clear, remove from the honey and allow to dry.

To dry, the peel may be placed on a tray in a slightly warm oven, with the oven door left open.

To Coat the Peel.—Make a sugar solution in the proportions of 2 cups sugar to 1 cup water, boil for about five minutes. Remove from the stove and beat until frothy, dip each piece of dried peel in this solution. Remove and allow to dry, then store.

HONEY DIVINITY FUDGE

2 cups sugar	2 egg whites
$\frac{1}{3}$ cup honey	pinch of salt
$\frac{1}{3}$ cup water	1 teaspoon vanilla
nuts and cherries	

Stir honey, sugar and water until sugar is dissolved. Boil together until a thread at least six inches long will spin. Pour over stiffly beaten egg whites, beating all the while. Beat until thick and the shine disappears. Add nuts or cherries and vanilla. Drop by spoonfuls on waxed paper and let set.

HONEY CHOCOLATE FUDGE

2 cups sugar	1 cup nuts
1 square unsweetened chocolate (cut up fine)	$\frac{1}{4}$ cup honey
$\frac{1}{4}$ teaspoon salt	1 cup evaporated milk
	butter the size of walnut

Boil sugar, chocolate, salt and milk five minutes. Add honey and cook to the soft ball stage, 238 degrees Fahrenheit. Add nuts and butter, cool. Beat until creamy.

HONEY PULLED TAFFY

1 cup brown sugar	2 tablespoons butter
1 cup honey	few grains salt
$\frac{1}{3}$ cup water	$\frac{1}{2}$ teaspoon vanilla

Boil sugar, honey and water to 288 degrees Fahrenheit, add butter, salt and vanilla. Pour on a buttered platter, cool until it can be handled, pull until light in colour, cut in pieces.

CHOCOLATE HONEY FUDGE CARAMELS

4 squares unsweetened choco- late, shredded fine	$\frac{1}{2}$ cup honey
2 cups sugar	$\frac{1}{2}$ cup cream
1 teaspoon vanilla	4 tablespoons butter

Cook to firm ball stage, add vanilla, let cool, beat until thick and creamy. Pour and cut in squares or shape into little balls and flatten down with a piece of nut.

HONIED FRUIT STRIPS

Remove peel from oranges and grapefruit in quarters.

Cut into strips with a pair of scissors.

Soak overnight in a weak brine solution.

Bring to the boil three times, using fresh water each time, then cook until tender.

Soak overnight in a weak honey solution.

Cook in honey until clear. Drain.

Roll in coarse granulated sugar, dry, store.

PIES, PUDDINGS AND ICE CREAM

HONEY LEMON PIE

- | | |
|------------------------------|-----------------------------|
| 1 lemon, juice and rind | $\frac{3}{4}$ cup honey |
| 4 to 5 tablespoons of corn- | $\frac{1}{4}$ teaspoon salt |
| starch | 2 eggs |
| $\frac{1}{2}$ cup cold water | 1 tablespoon butter |
| 1 cup boiling water | |

Mix cornstarch and salt with cold water, add honey, stir well. Add boiling water and cook in double boiler until taste of raw starch has disappeared. Remove and add lemon juice and rind, add part of cooked mixture to the egg yolks, then combine both. Return to the double boiler for three or four minutes to cook egg. Remove from fire and add butter. Place in a baked pie shell. Cover with meringue made by adding slowly $\frac{1}{2}$ cup fine granulated sugar to two stiffly beaten egg whites. Cook in a slow oven, 250 degrees to 275 degrees Fahrenheit, until golden brown.

HONEY PUMPKIN PIE

- | | |
|-------------------------------------|-----------------------------|
| $1\frac{1}{2}$ cups steamed pumpkin | $\frac{1}{2}$ teaspoon salt |
| 1 cup honey | 3 eggs |
| 1 teaspoon cinnamon | 1 cup milk |
| $\frac{1}{2}$ teaspoon ginger | $\frac{1}{2}$ cup cream |
- Mix ingredients in order given and bake in one crust.

HONEY CRACKER PIE

- | | |
|---------------------------------|------------------|
| 14 Graham crackers | 1 teaspoon sugar |
| $\frac{1}{2}$ cup melted butter | 1 teaspoon flour |

Roll Graham crackers and combine with other ingredients. Pat into pie tin, saving out two tablespoonfuls to sprinkle over meringue.

Filling

- | | |
|-----------------------------|--------------------|
| 2 tablespoons cornstarch | 2 egg yolks |
| $\frac{1}{8}$ teaspoon salt | 2 cups milk |
| $\frac{1}{4}$ cup honey | 1 teaspoon vanilla |

Mix first three ingredients with a little water in the top part of a double boiler, then add scalded milk to this mixture. Cook until there is no taste of raw starch. Then add the cooked mixture slowly to the beaten egg yolks and cook for three minutes. Cool slightly, add vanilla, and pour into cracker shell.

Meringue

Beat egg whites until stiff, add one-half cup fine granulated sugar gradually. Pile lightly over filling and sprinkle with remaining cracker crumbs. Bake at 325 degrees Fahrenheit for about 30 minutes until meringue is golden brown.

CHOCOLATE PIE FILLING

- | | |
|--------------------------|------------------------------|
| 2 cups milk | 2 squares unsweetened choco- |
| $\frac{1}{4}$ cup honey | late (melted) |
| 1 tablespoon butter | 2 egg yolks |
| 3 tablespoons cornstarch | $\frac{1}{2}$ teaspoon salt |

Blend cornstarch with a little cold milk in the top of a double boiler, add honey, add rest of the milk scalded. Cook until there is no taste of raw starch.

Beat egg yolks, add melted chocolate, butter and salt. Add the hot mixture to this gradually, return to the double boiler and cook for three minutes. Pour into a cooked pie shell and cover with meringue made with two egg whites beaten stiff and one-half cup of sugar added gradually. Cook in a moderate oven until meringue is golden brown.

HONEY CREAM FILLING

$\frac{1}{2}$ cup honey	$\frac{1}{8}$ teaspoon salt
$1\frac{1}{4}$ cups milk	$\frac{1}{4}$ teaspoon vanilla
1 egg	3 tablespoons cornstarch
1 tablespoon milk	

Combine honey and milk and bring to a boil. Combine other ingredients and beat until smooth, add to first mixture and cook over hot water for 10 minutes.

HONEY PECAN PIE

$\frac{3}{4}$ cup honey	$\frac{1}{4}$ teaspoon salt
3 eggs	$\frac{1}{2}$ teaspoon vanilla
1 cup pecans or other nuts	$\frac{1}{2}$ teaspoon almond extract

Beat the eggs until frothy, add honey a little at a time. Stir in extracts, nuts and salt. Pour into an uncooked pie shell. Bake 10 minutes at 375 degrees Fahrenheit, reduce to a moderate oven at 325 degrees Fahrenheit and cook until filling is set.

HONEY STEAMED PUDDING

1 egg well beaten	1 cup flour
$\frac{2}{3}$ cup honey	1 cup raisins
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup bran	$\frac{1}{2}$ teaspoon soda
$\frac{1}{4}$ teaspoon salt	

Mix honey and fat, add well-beaten egg and milk, add bran and raisins and fold in sifted dry ingredients. Place in a greased mould, cover tightly. Steam for two hours.

HONEY GRAHAM PUDDING

4 tablespoons butter	1 egg
$\frac{1}{4}$ cup honey	$1\frac{1}{2}$ cups Graham flour
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon soda
$\frac{1}{2}$ cup milk	1 teaspoon salt
1 cup raisins	

Mix in order given and steam two hours in a well-buttered mould.

STEAMED DATE PUDDING

3 tablespoons butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup honey	$\frac{1}{4}$ teaspoon allspice
$\frac{1}{4}$ cup brown sugar	$\frac{1}{4}$ teaspoon nutmeg
$1\frac{3}{4}$ cups flour	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ pound chopped dates
$\frac{1}{2}$ cup milk	1 egg

Cream butter, sugar, honey and egg thoroughly, add dates. Sift dry ingredients and add alternately with the milk. Pour into a well-buttered mould and steam for two hours.

STEAMED CHOCOLATE PUDDING

3 tablespoons butter	2 $\frac{1}{4}$ cups flour
$\frac{1}{3}$ cup honey	4 $\frac{1}{2}$ teaspoons baking powder
$\frac{1}{3}$ cup brown sugar	2 $\frac{1}{2}$ squares chocolate (unsweetened)
1 egg	$\frac{1}{4}$ teaspoon salt
1 cup milk	1 teaspoon vanilla

Cream butter, honey, sugar and egg thoroughly, sift dry ingredients. Melt chocolate and add to creamed mixture. Add sifted dry ingredients and milk alternately, add flavouring. Pour into a well-buttered mould and steam for two hours.

HONEY PLUM PUDDING

1 cup beef suet	$\frac{1}{2}$ teaspoon salt
1 cup bread crumbs	$\frac{1}{2}$ teaspoon cloves
$\frac{1}{2}$ cup honey	1 teaspoon cinnamon
1 $\frac{1}{2}$ pounds raisins	2 well beaten eggs
1 $\frac{1}{2}$ pounds currants	$\frac{1}{2}$ cup milk
1 cup blanched almonds	$\frac{1}{2}$ teaspoon grated nutmeg
$\frac{1}{2}$ cup citron peel	
1 level teaspoon soda dissolved in 1 tablespoon hot water	

Flour fruit from 1 pint of flour. Mix remainder as follows, well beaten eggs, honey, spices, salt and milk. Stir in fruit, peel, nuts, bread crumbs and suet after each other, putting in soda last and enough flour to stick together. Place in a mould with tight-fitting cover and steam for two hours.

HONEY JUNKET

1 pint lukewarm milk	1 tablespoon honey
$\frac{1}{2}$ teaspoon vanilla	1 junket tablet
Few grains salt	

Follow directions for making junket as given on each box of junket tablets, substituting honey in place of sugar.

HONEY ORANGE CUSTARD

2 eggs	1 cup milk
3 teaspoon flour	2 tablespoons water
4 tablespoons honey	$\frac{1}{4}$ teaspoon salt
Juice and grated rind of 1 orange	

Beat egg yolks, add grated orange rind. Make a smooth paste of flour and water, add honey, combine with egg yolks mixture. Beat egg whites stiff, add milk to yolk mixture and fold in whites. Oven poach for 45 minutes at 275 to 300 degrees Fahrenheit.

HONEY BAKED CUSTARD

5 eggs	$\frac{1}{8}$ teaspoon cinnamon
$\frac{1}{2}$ cup honey	$\frac{1}{4}$ teaspoon salt
4 cups scalded milk	

Beat eggs slightly, add other ingredients, mix thoroughly, pour into custard cups. Oven poach in a moderate oven until firm.

HONIED BAKED APPLES

Wash and remove core, pare the upper half of the apple and mark with the prongs of a fork. Place apples in a baking dish with a little boiling water. Put a teaspoon of honey and a small piece of butter in each core. Baste frequently while cooking.

HONEY VANILLA ICE CREAM

3 cups thin cream	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ cup honey	Few grains salt

Heat cream, honey and salt to the scalding point over hot water. Remove and cool, add vanilla and freeze.

HONEY STRAWBERRY ICE CREAM

$\frac{1}{2}$ pint cream	2 tablespoons honey
$\frac{1}{4}$ pint milk	2 tablespoons sugar
$\frac{1}{2}$ pint strawberries	Few grains salt

Scald the cream and milk, add honey, sugar and salt, stir to dissolve honey and sugar. Cool, add mashed strawberries. Freeze, using 1 part salt to 8 parts ice.

HONEY CHOCOLATE ICE CREAM

$1\frac{1}{2}$ squares unsweetened chocolate	3 cups thin cream
$\frac{1}{4}$ cup hot water	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{3}$ cup honey	Few grains salt

Melt the chocolate in the top of the double boiler, add the hot water to form a paste, then add the honey and salt. To this mixture add the cream and bring to the scalding point over hot water. Remove, cool, add vanilla and freeze.

Muffins, Doughnuts, etc.

OATMEAL MUFFINS

2 tablespoons butter	1 cup oatmeal
$\frac{1}{4}$ cup honey	$1\frac{1}{2}$ cups flour
1 cup milk	1 teaspoon salt
1 egg	4 teaspoons baking powder
$\frac{1}{4}$ cup chopped walnuts	

Beat egg until light, add honey and milk, beat well. Measure butter and melt, add to egg mixture. Mix flour, salt and baking powder, sift, and add walnuts and oatmeal. Turn wet ingredients into dry ones and stir vigorously until dry ingredients are well dampened. Fill muffin tins two-thirds full and bake in a hot oven for 20 minutes.

HONEY MUFFINS

1 cup Graham flour	1 cup milk
$\frac{3}{4}$ cup white flour	1 egg
$\frac{1}{4}$ cup honey	3 tablespoons butter
1 teaspoon salt	5 teaspoons baking powder

Mix and sift dry ingredients, add milk gradually, egg well beaten, honey and melted butter. Bake in a moderate oven in buttered gem pans for 25 minutes.

HOT HONEY BRAN CAKES

2 tablespoons butter	$\frac{1}{2}$ cup raisins
$\frac{1}{2}$ cup honey	1 cup flour
2 eggs	3 teaspoons baking powder
$\frac{1}{4}$ teaspoon salt	$1\frac{1}{2}$ cups crumbled bran
2 tablespoons milk	

Cream the butter, add the honey, mix well. Add the eggs slightly beaten, then the raisins and milk. Sift flour, salt and baking powder twice, then add to the batter. Lastly stir in the bran. Bake in muffin tins at 350 degrees Fahrenheit.

HONEY STEAMED BROWN BREAD

$\frac{3}{4}$ cup honey	2 cups sour milk
1 egg	1 cup white flour
1 teaspoon salt	$2\frac{1}{2}$ cups Graham flour
2 teaspoons soda	1 cup raisins

Beat egg well, add honey and sour milk and beat well. Add sifted dry ingredients and raisins, mix. Pour into greased moulds, cover and steam for three hours.

HONEY NUT AND DATE BREAD

$1\frac{1}{2}$ cups chopped dates	1 egg
1 cup boiling water	$\frac{3}{4}$ cup honey
1 teaspoon soda	2 tablespoons brown sugar
$\frac{1}{2}$ cup walnuts	3 cups flour
3 teaspoons butter	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	

Place dates in saucepan with soda and boiling water, cook for five minutes. Cool. Cream butter thoroughly, add honey, sugar and egg. Then add cooled date mixture and nuts. Stir in sifted dry ingredients. Bake in a loaf tin about 50 minutes in a slow oven.

HONEY DOUGHNUTS

1 large cup of milk	$\frac{3}{4}$ cup sugar
4 tablespoons honey	1 tablespoon butter
1 egg	1 teaspoon salt
2 teaspoons cream of tartar	1 teaspoon soda
Flour	$\frac{1}{2}$ teaspoon nutmeg and
$\frac{1}{2}$ teaspoon ginger	

Cream butter, sugar and honey thoroughly, gradually beat in egg, add milk alternately with soda and cream of tartar, sifted with two cups of flour and $\frac{1}{2}$ teaspoon nutmeg and $\frac{1}{2}$ teaspoon of ginger. Add one tablespoon of boiling lard out of the pot prepared for frying. Then add enough flour to make a stiff dough. Roll and cut out and fry in deep fat at 375 degrees Fahrenheit.

Breakfast Fruits Sweetened with Honey

All fruits to which sweetening is added for serving are delightful with honey.
Grapefruit

Halve, core and section grapefruit as usual. Allow two or three tablespoons of honey to pour in a fine thin stream on the fruit. Let stand 15 to 30 minutes before serving.

Marmalade and Fruit Butters

HONEY ORANGE AND CARROT MARMALADE

Take six medium-sized, sweet navel oranges (skins only) and put through a meat grinder using the fine knife. To this add an equal quantity of carrot prepared in the same way. To each cup of the above combined ingredients add two cups of water and soak overnight. Simmer for two hours, remove from stove and add the grated rind and juice of six lemons. Let stand overnight again and simmer until a good jelly test* is obtained. Then to each cup of the pulp mixture add one cup of honey and $\frac{1}{2}$ cup of sugar, boil to 222 degrees Fahrenheit, let cool slightly, then pour into sterilized jars.

All honey may be used in place of part honey and part sugar, but this makes a sweeter marmalade.

*To make a jelly test, strain off one tablespoon of liquid from the pulp mixture, let it cool and add one tablespoon of alcohol, mix and let stand for a few minutes. A thick jelly-like substance will form, if the pulp has had sufficient simmering.

STEWED APRICOTS

1 pound dried apricots
1 cup honey

5 cups water
grated rind of $\frac{1}{2}$ an orange or lemon

Place all in the top of a double boiler overnight, then steam until tender.

JELLIED CRANBERRY

Equal parts cranberries, honey and water. Cook berries in honey and water until skins are soft. Lift berries out of the syrup, then boil the syrup down so that it will just cover the fruit. Pour into glasses and seal.

CRANBERRY HONEY RELISH

1 quart of cleaned cranberries ground with the medium grinder.
2 whole oranges ground finely
1 whole apple ground finely

Add 2 cups of honey and mix with the ground berries and fruit. Let the mixture stand a week or ten days when it is ready to use as a relish.

HONEY ORANGE SYRUP

Take the juice from the oranges used in making orange and carrot marmalade.

To each cup of unstrained juice add one cup of sugar and the grated rind of half an orange and half a lemon tied in a muslin bag. Boil all together at 217 degrees Fahrenheit for five minutes. Remove from the stove and add $\frac{3}{4}$ cup liquid honey and the juice of half a lemon to each cup of unstrained juice used. Pour into sterile bottles and cap at once.

This makes a very delightful drink for children and should be used in the proportion of one to two tablespoons to a glass of cold water.

HONEY APRICOT BUTTER

Soak two pounds of dried apricots overnight. Cook until tender and put through a sieve, the small amount of juice should not be strained off. To each cup of pulp add $\frac{3}{4}$ cup liquid honey, and to the whole amount add the juice and grated rind of one lemon. Boil twenty minutes, stirring constantly. Pour into sterilized jars and seal.

Two pounds of apricots should yield about five cups of pulp and this amount should make five one pound jars of apricot butter. The coarse waste that will not go through the sieve may be used for an apricot batter pudding.

HONEY PRUNE BUTTER

Soak the prunes overnight. Next morning remove the pits and tie them in a cheesecloth bag. Cook the prunes until tender, having the pits in the kettle while the prunes are cooking. Remove the pits and sieve the prunes. To each cup of prune pulp, add three-quarters of a cup of honey, boil for twenty minutes, stirring constantly. Remove from fire, pour into sterilized jars and seal.

Honey Sandwich Fillings

The following may be spread on lightly buttered white or Graham bread.

HONEY AND PEANUT BUTTER

Mix equal parts of honey and peanut butter.

HONEY AND NUT

Combine very finely chopped nuts with honey and mayonnaise.

HONEY AND CHEESE

Add enough honey to cream cheese or grated hard cheese to spread easily.

HONEY FRUIT AND NUT SPREAD

Two tablespoons each of finely chopped dates, nuts and crystallized ginger and enough honey and butter to make an easily spread mixture.

CINNAMON SPREAD

1 cup honey

$\frac{2}{3}$ cup butter
cinnamon to taste

Honey Butter

2 cups butter to $4\frac{2}{3}$ cups honey

Cream the butter thoroughly. Add the honey in liquid form at about 90 degrees Fahrenheit (lukewarm). Beat with a rotary beater until butter and honey are thoroughly combined, then set away in a cool place until firm, then whip up again and put into jars or cartons and store in a cool dry place.

Honey Toasts

Plain toast spread with honey butter

$\frac{3}{4}$ cup butter—1 cup honey

Cinnamon, spread with honey butter and sprinkle with cinnamon.

Honey nut toast—add finely chopped nuts to the honey butter and spread.



Miscellaneous

HONEY BOILED ICING

1 cup honey	$\frac{1}{2}$ teaspoon vanilla
2 egg whites	Few grains salt

Boil the honey to 238 or 240 degrees Fahrenheit. Pour slowly over the well beaten egg whites, stirring constantly. Add salt and vanilla and beat until cool and thick enough to spread.

CHOCOLATE PASTE

Melt three squares unsweetened chocolate, to this add one cup of honey, stir well and pour into a jar, cover and set away in a cool dry place.

CHOCOLATE SAUCE

To be served hot on ice cream or cold on other desserts.

$\frac{1}{2}$ cup chocolate paste	Few grains salt
$\frac{1}{3}$ cup milk	$\frac{1}{4}$ teaspoon vanilla
1 tablespoon butter	

Boil the above ingredients together for about five minutes. Serve hot or cold.

HOT CHOCOLATE OR COLD CHOCOLATE

Add 3 tablespoons of hot water to 1 tablespoon chocolate paste, blend well and add $\frac{3}{4}$ cup of milk and a few grains of salt. Heat in the top of a double boiler. Leave out the last step if you wish to serve a cold drink.

CANNING

Experiments have been conducted on the use of honey in canning with the following results:—

The fruits used were strawberries, raspberries, peaches, pears and plums. The cold pack method of canning was employed, that is, the fruit was prepared, packed raw in the jars, covered with honey syrup, partially sealed and processed in a water bath the required length of time.

It is necessary to make the syrup first. The proportions used for strawberries and plums are one part by measure of honey to one and one-half parts by measure of water boiled and skimmed. For peaches, pears, and raspberries use one part by measure of honey to two parts by measure of water, boiled and skimmed.

Fruits canned in honey syrup by the above method kept equally as well as those canned in sugar syrup. They also compared favourably as to colour, texture and general appearance. Raspberries and strawberries were not as bright in colour as those canned in sugar syrup.

The flavour of honey was more noticeable in the syrup on the mild fruits than on the plums.

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